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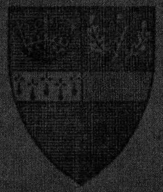

SCHOOL MEALS SERVICE RECIPE BOOK

1956

EDUCATION DEPARTMENT,
COUNTY HALL,
KINGSTON-UPON-THAMES

Surrey County Council

SCHOOLS MEALS SERVICE

RECIPES

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All quantities are for 100 senior portions unless otherwise stated.

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MEAT DISHES

Methods of Cooking

Roasting Boiling and Steaming Stewing Braising Frying

ROASTING

Joints suitable for roasting

MUTTON	Leg, shoulder, loin.
LAMB	Leg, shoulder, loin.
BEEF	Rib, sirloin, round, silverside, topside.
PORK	Leg, shoulder, loin.
VEAL	Leg, shoulder, fillet.

Allow 20 lb. of boneless meat for 100 portions or 25 lb. of meat with bone.

Method

1. Wipe meat, scrape fat if necessary. Cut beef into suitable size joints when necessary.
2. If carving by machine, bone, roll and shape.
3. Place in baking tins with dripping.
4. Put into a hot oven to prevent the escape of juices.
5. After 15 minutes reduce the heat to prevent over-hardening of the surface and to cook the meat right through to the centre.
6. Continue cooking slowly, basting at half-hourly intervals to
    (*a*) keep the meat moist,
    (*b*) prevent charring of the outside,
    (*c*) prevent undue shrinkage,
    (*d*) improve the flavour.
7. When turning or removing from pan always use wooden spoons or fish slice as if the surface is pierced by a fork the juices will escape leaving the meat dry and flavourless.
8. Allow for *beef*, *mutton* and *lamb* 20 minutes lb. and 20 minutes over.

   Veal and *pork*—25 minutes per lb. and 25 minutes over.

Carving and Portioning

Trim the meat and remove all the fat.

Large joints, especially of beef, should be cut into smaller joints, each of which will give a slice suitable for one portion of 1½ oz.

cooked meat. Infants' meat should be cut into slices and then into smaller pieces. If trimmings are used, care should be taken to see that no gristle, fat or over-baked chunky meat is included.

Weigh the cut-up meat and allow $1\frac{1}{2}$ oz. per head.

Reheating

Stock should be made from roasted bones and trimmings from the joints and allowed to cool slightly.

Place the slices of meat in baking tins in piles of ten portions. Strain the stock over the meat using about two pints for each tin. Place lids on the tins and reheat for 30–45 minutes in a moderately hot oven or in a steamer.

BOILING AND STEAMING

Any joint suitable for roasting can be either steamed or boiled. This method of cooking is more particularly used for meat that has been salted but is an excellent method to use for tough or coarse grained meat. It should then be steamed for half the time and roasted for the other half. *Bacon* may be steamed or boiled and the best joints are gammon and fore-end.

Method for Boiling

(i) Prepare joints as for roasting. If bacon, soak in cold water over night and scrub well to clean.

(ii) If *fresh meat*, plunge into boiling water.

If *salt meat* (including bacon) put into cold water, bring slowly to the boil.

Continue simmering for the same length of time as for roasting.

Method of Steaming

Prepare as above and arrange in large enough tins to conserve the fat.

STEWING

Meat suitable—*beef*, shin, chuck steak, clod, sticking;
mutton, scrag, middle neck, leg, shoulder.

Method—See Recipes.

BRAISING

Braising is a suitable method of cooking for joints deficient in fat or flavour and of a tough texture.

1. Prepare joints as for roasting.
2. Melt some dripping in a deep pan and in it fry some root vegetables.

3. Place joint on vegetables and baste with the dripping.
4. Cover with another pan and place in a hot oven for the required time of cooking.
5. During cooking baste occasionally with the dripping.
6. Use the sediment and some of the dripping to make the gravy.

FRYING

See page 27.

MEAT RECIPES

STEWED BEEF

16–18 lb. stewing beef
2 lb. onions
4 lb. carrots
2 lb. haricot beans
2 gal. stock or water
2 lb. flour
A little dripping
Salt, pepper, browning

Method

1. Soak beans overnight, cook them ready to add to the stew before serving.
2. Remove surplus fat and gristle from meat, cut into small pieces.
3. Slice onions and dice carrots.
4. Heat dripping, lightly fry vegetables and meat.
5. Put meat and vegetables into a pan, cover with cold stock and season. Bring slowly to the boil and simmer gently for $2\frac{1}{2}$ hours or until tender.
6. Add beans.
7. Mix flour to a cream with a little water, add to stew and stir until cooked.
8. Correct seasoning and add browning if necessary.

IRISH STEW

20 lb. leg and shoulder mutton
10–15 lb. potatoes
7 lb. onions or leeks
Stock or water, seasoning, flour if necessary

Method

1. Order meat boned but not rolled.
2. Remove fat and cut into small pieces.
3. Prepare onions and shred.
4. Peel potatoes and cut into large dice.
5. Put meat and onions into boiler, cover with cold salted water or stock, bring to the boil and simmer slowly for about 2 hours.
6. Add potatoes ½ hour before serving and cook until soft but not broken.
7. Make up to three gallons and if necessary add thickening.
8. Correct seasoning.

STEWED MUTTON

20 lb. leg and shoulder mutton
2 lb. onions
4 lb. carrots
2 lb. cooked haricot beans
1 lb. cooked dried peas
Stock or water
2 lb. flour
A little dripping
Salt, pepper, browning

Method

1. Order meat boned but not rolled.
2. Soak peas and beans overnight, cook them ready to add to the stew before serving.
3. Remove surplus fat from meat and cut into small pieces.
4. Slice onions, dice carrots.
5. Heat dripping, lightly fry vegetables and meat.
6. Put meat and vegetables into pan, cover with cold stock and season. Simmer 2½ hours or until tender.
7. Add beans.
8. Blend flour with water and add to stew and stir until cooked.
9. Correct seasoning and brown if necessary.

FRESH MEAT MINCE

16–18 lb. coarsely minced beef
2 lb. finely chopped onion
2 gal. stock or water
½ lb. oatmeal
1½ lb. flour
Pepper and salt
Browning, Marmite

Method

1. Divide the minced meat into baking tins and cook in the oven to remove some of the fat.
2. Fry the onion in a little dripping.
3. Add the onion, stock, Marmite, pepper and salt to the mince and cook together for one hour.
4. Skim off fat, add oatmeal and cook for ½ hour.
5. Blend flour with a little water, stir into meat and return to oven to cook.
6. Correct seasoning and add browning if necessary.

SAVOURY MINCE

1 lb. raw lean minced bacon
6 lb. diced corned beef
7 lb. coarsely minced beef
Salt, pepper, browning
1 lb. onions or leeks
4 lb. carrots
1½ lb. flour
½ lb. oatmeal
Stock or water to make up 3 gallons

Method

1. Divide the minced beef and bacon into baking tins and cook in the oven and remove some of the fat.
2. Chop onions, dice carrots and fry in a little dripping.
3. Add the vegetables, stock, pepper, salt and oatmeal to the meat and simmer together for one hour.
4. Blend flour with a little water, stir into meat. Add corned beef and return to the oven for ½ hour.
5. Correct seasoning and add browning if necessary.

MEAT HOT POT (I)

18 lb. stewing steak
3 lb. carrots
2 lb. swedes
4 lb. onions
25 lb. potatoes
2 lb. haricot beans
Stock or water
Salt and pepper
1 tablespoon Marmite

Method

1. Soak beans overnight and cook them.
2. Slice prepared vegetables. Cut meat into small pieces.
3. Place meat and vegetables in alternate layers in baking pan, seasoning each layer.
4. Finish with a layer of potato on top. Barely cover with stock or water in which the Marmite has been melted. Cover with a lid.
5. Cook in a moderate oven for 2½ to 3 hours.
6. Remove lid ½ hour before serving and allow potatoes to brown.

MEAT HOT POT (II)

20 lb. leg and shoulder of mutton
3 lb. carrots
2 lb. swedes
4 lb. onions
25 lb. potatoes
2 lb. haricot beans
Stock or water
Salt and pepper
1 tablespoon Marmite

Method

1. Order meat boned but not rolled.
2. Remove fat and cut meat into small pieces.
   Proceed as for Meat Hot Pot (I).

BACON AND/OR CORNED BEEF HOT POT

5 lb. bacon and 8 lb. corned beef
or
15 lb. bacon
or
12 lb. corned beef
together with
25 lb. potatoes
2 lb. swedes
2 lb. onions
2 lb. parsnips
1 large head celery
6 lb. carrots
10 oz. oatmeal
2½ lb. dried beans
¼ lb. parsley
Stock or water
Pepper and salt

Method

1. Soak beans overnight and cook.
2. Slice prepared vegetables and fry onions.
3. Remove fat from bacon and cut into neat pieces.
4. Place bacon and vegetables in tins, season lightly.
5. Barely cover with stock or water. Cover with a lid and cook in a moderate oven for 2–2½ hours.
6. Remove lid for one hour before serving. Add diced corned beef and top with slices of cooked potato.
7. Return to oven to brown.

BRAISED STEAK

18 lb. steak (good quality)
3 lb. carrots
2 lb. swedes
4 lb. onions
½ lb. celery
Dripping
Stock
Seasoning

Method

1. Prepare vegetables and cut into large dice.
2. Place in the bottom of four 3 in. tins with lids.
3. Remove surplus fat from steak and cut into individual portions (approximately 2½ oz. each).
4. Sear the meat in hot fat and lay on bed of vegetables.
5. Add sufficient well-seasoned boiling stock to just cover the vegetables.
6. Cook with lid on until tender, approximately 2½ hours.
7. Serve with vegetables as a garnish. The stock from the tins should be used in the gravy served.

STEAMED MEAT PUDDING

Suet pastry made with 5 lb. flour
18 lb. good quality steak
Pepper and salt
Flour
Stock or water

Method

1. Trim steak and cut into small pieces.
2. Toss in seasoned flour, divide between baking tins, cover with cold stock or water.
3. Divide suet pastry between tins, roll out to fit and cover meat.
4. Steam for four hours.

STEAMED ROLY POLY

Suet pastry with 8 lb. flour

Fillings

(*a*) 16 lb. minced beef, seasoning, water.
(*b*) 16 lb. minced raw bacon, 2 lb. minced onion and a little sage if liked.
(*c*) A combination of meat and bacon.

Method

1. Mix the filling thoroughly.
2. Divide pastry into twelve and roll into oblongs.
3. Spread meat mixture on pastry, damp edges and roll up.
4. Steam for at least 2½ hours.

COTTAGE PIE

16–18 lb. minced beef
2 lb. oatmeal
Stock or water
Seasoning and Marmite

Potato Crust

25 lb. potato
2 lb. dried milk
Potato water
Dripping

Method

1. Place the meat in the dishes or tins together with oatmeal, stock, Marmite and seasoning. Cook for one hour.
2. Mash the cooked potatoes with dried milk.
3. Cover meat mixture with prepared potato. Divide dripping over top.
4. Bake in a hot oven until brown on top.

GALANTINE

10½ lb. minced beef
4 lb. minced bacon
1½ lb. oatmeal
½ lb. dried egg.
Anchovy sauce *or*
Lemon rind grated
Stock or water to make a moist mixture

Method

1. Mix all the ingredients together, season well.
2. Pack the mixture firmly into greased tins and steam or bake with lid on for 2½–3 hours.
3. Strain off fat. Press and cool as quickly as possible.
4. When cold cut into thin slices.

MEAT CAKES

16 lb. minced beef
2 lb. fried chopped onion
8 lb. potatoes
Gravy to bind
Pepper and salt
Egg
Brown bread-crumbs
Deep fat to fry or dripping for baking

Method

1. Cook meat in oven.
2. Cook potatoes and mash.
3. Mix potatoes, meat, fried onions, pepper and salt together with just sufficient gravy to bind.
4. Shape into cakes using potato portioner.
5. Toss in flour, coat with egg and bread-crumbs.
6. *Either* fry in deep fat
   or heat a very little dripping in baking tins, put in meat cakes, baste with fat and bake in a hot oven.

MINCE IN BATTER

15 lb. coarsely minced beef, salt and pepper
Batter as on page 48

Method

1. Prepare batter in the usual way and allow to stand.
2. Divide mince between tins and put into oven to cook. Remove excess fat.
3. Pour the batter over the piping hot meat and cook in a hot oven until well risen and brown.

CORNED BEEF IN BATTER

12 lb. corned beef, pepper and a little dripping
Batter as on page 48

Method

1. Prepare batter.
2. Cut the corned beef into dice.

3. Make dripping very hot in baking tins.
4. Pour in half the batter, place corned beef on batter and cover with remaining batter.
5. Cook in a hot oven until well risen and brown.

STEAK IN BATTER

15 lb. steak, salt and pepper
Batter as on page 48
Dripping

Method

1. Prepare batter.
2. Trim steak and cut into small pieces, cook in a very small quantity of liquid until tender and strain off the liquid.
3. Make dripping very hot in baking tins.
4. Pour in half the batter, place steak on top and cover with remaining batter.
5. Cook in a hot oven until well risen and brown.
6. The liquid from the stewed steak is used to make gravy to serve with the dish.

STEAK PIE

96 portions, cooked in 6 tins:

Short crust pastry with 6¾ lb. flour *or*
Flaky pastry with 5 lb. flour

18 lb. stewing steak *or*
16 lb. stewing steak and 2 lb kidney
1 lb. flour
Salt and pepper
Stock or water
Marmite

Method

1. Trim steak and cut into small pieces.
2. Toss in flour which has been seasoned.
3. Divide between baking tins, cover with cold stock or water and steam or bake with lid on until tender.
4. Cover with pastry, brush with egg or milk and cook in hot oven until brown.

CORNISH PASTY

Pastry with 7½ lb. flour to fill 5 tins
Pastry with 9 lb. flour to make 100 individual pasties

Filling

12 lb. minced raw meat
2 lb. onions
6 lb. potatoes
Pepper and salt
Marmite
Stock or water

Method for Large Pasties

1. Chop or mince vegetables.
2. Mix together with meat stock and seasoning.
3. Line tins with half of the pastry, fill with meat, etc., and cover with remaining pastry.
4. Mark into portions, brush with egg or milk and cook in moderately hot oven until brown and cooked right through. (About 2 hours.)

Method for Individual Pasties

1. Prepare filling as above.
2. Roll pastry, cut out rounds.
3. Put meat, etc., on one side of round of pastry, fold other part over.
4. Stand up, bringing cut edges to the top and make fluted edge with fingers.
5. Brush with egg or milk and cook in moderately hot oven until thoroughly cooked right through.

Note.—Make pastry a little wetter for individual pasties to prevent cracking in handling.

SAUSAGE ROLLS

Short crust pastry with 8 lb. flour *or*
Flaky pastry with 7 lb. flour

Filling

12 lb. meat—either minced pork or a mixture of beef and bacon minced.
Salt and pepper
2 lb. bread

Method

1. Soak bread in water, squeeze out and beat down with the other ingredients to a smooth consistency. Season well.
2. Roll pastry into strips. Damp edges.
3. Roll or pipe the filling on one side of the strip of pastry.
4. Fold over the pastry and press edge under.
5. Divide equally, mark with a knife or scissors.
6. Brush with egg or milk.
7. Bake in hot oven 15 minutes and reduce the heat and continue cooking until meat is cooked.

SCOTCH EGGS

50 shell eggs

Sausage Mixture

9 lb. beef
2 lb. bacon
or 11 lb. pork
2 lb. bread
Pepper and salt
Egg or milk and brown bread-crumbs for coating
Fat for frying

Method

1. Boil eggs hard.
2. Mince meat and bacon twice.
3. Soak bread and squeeze out the water.
4. Beat all ingredients for sausage mixture together to a smooth consistency.
5. Divide into 50 portions (approximately ¼ lb. each) and wrap round the eggs.
6. Egg and crumb, and fry in deep fat until golden brown.
7. Cut each Scotch egg in half and serve either with gravy and two vegetables or cold with salad.

SPANISH MEAT BALLS

15 lb. finely minced steak
1½ lb. semolina
¼ lb. minced onion
2 oz. salt
2 teaspoonsful pepper
8 oz. dried egg (optional)
Water to bind
10 pints tomato sauce or gravy

Method

1. Fry the onion.
2. Mix the ingredients and divide into portions with the help of a potato portioner.
3. Form into balls and arrange in baking tins (with lids).
4. Pour over the tomato sauce or gravy and cover with the lid.
5. Bake in a moderately hot oven for one hour, remove lid and cook for another half hour.
6. Serve with additional sauce or gravy.

MEAT SQUARES

16 lb. minced beef
6 lb. raw minced potato
4 lb. raw minced carrot
¼ lb. minced onion
1 quart water, pepper and salt
½ lb. dripping
Piquant sauce or a few drops anchovy essence

Method

1 Fry the minced onion then mix all ingredients well together.
2. Pack into well-greased baking tins. Mark into squares. Sprinkle the tops with bread crumbs and cover with pats of dripping.
3. Bake in a slow oven for two hours.
4. Serve with a thick gravy.

CHEESE DISHES

CHEESE LAYER TART

Pastry with 7½ lb. flour

Filling

9 lb. grated cheese
1 lb. potatoes
2 lb. cooked peas
1 lb. dried milk
2 lb. tomatoes (when available)
2 lb. carrots
1 lb. onions
¼ lb. dried egg (or 8 eggs)
Seasoning

Method

1. Prepare and dice vegetables and cook lightly.
2. Make pastry and line bottom of tins.
3. Reconstitute egg and milk with water.
4. Arrange layers of grated cheese and vegetables on the pastry.
5. Season carefully and pour on reconstituted egg and milk.
6. Cover with pastry and bake.

CHEESE FLAN

The above can be made into a flan, using 1¾ lb. pastry per tin, cutting each into 12 portions.

CHEESE POTATO PIE

25 lb. mashed potato
9 lb. 6 oz. cheese
6 lb. chopped onions
2 lb. dried milk
½ lb. dripping
1 quart water
Salt and pepper

Method

1. Fry the chopped onion in the dripping.
2. Reconstitute the dried milk in the water.
3. Mix all ingredients together, season well and keep out some cheese to sprinkle on the top.
4. Cook in a hot oven until well browned.

CHEESE PASTRY

7½ lb. flour
3 lb. grated cheese
2 lb. margarine
1¼ lb. lard
2 oz. salt
1 teaspoon dry mustard
Pinch cayenne pepper
Water to mix

Method

As for short crust pastry with the necessary additions.

VEGETABLES AND SALADS

TYPES OF VEGETABLES

1. *Green Vegetables*—Brussel Sprouts, Spring Greens, Cauliflower, Cabbage, Spinach.
2. *Root Vegetables*—Potatoes, Carrots, Swedes, Turnips, Parsnips, Beetroot and Onions.
3. *Salad Plants*—Watercress, Mustard and Cress, Parsley, Mint, Cabbage, Sprouts, Lettuce, Tomato, Radishes, Cucumber, Celery.

GREEN VEGETABLES

Quantities

28 lb. per 100 senior children
21 lb. per 100 junior children
18 lb. per 100 infant children

3-gallon container holds 17 lb. cooked cabbage and should serve 100–120 seniors or 150 juniors.

Preparation

Sprouts

1. Remove dead outside leaves. Cut across stalk.
2. Wash well in salt water.

Cabbage

1. Cut off the outer leaves and discard those unfit for use.
2. Wash the dark leaves in salt water.
3. Cut the heart of the cabbage in 4 or 8 according to size and wash in plenty of salt water.
4. Drain thoroughly and shred if desired, keeping the outer leaves and hearts separate.

Cooking

Sprouts and Cabbage

1. One-third fill pan with water. Add 1 oz. salt to each gallon.
2. Bring water to the boil and add well-drained green vegetables a little at a time bringing to the boil between each addition.
3. Boil with the lid on until just cooked.
4. Lift into colander and drain thoroughly.

Cabbage

Add outside leaves first and when reboiled add hearts of cabbage. When cooked, chop finely.

ROOT VEGETABLES

Potatoes

Quantities

50 lb. per 100 senior children

38–40 lb. per 100 junior children

30–35 lb. per 100 infant children

3-gallon container holds 24 to 25 lb. of cooked potatoes and should serve 50 seniors or 60–70 juniors.

Preparation—using Potato Machine

1. Sort potatoes, removing any stones, etc., and shaking off any loose dirt.
2. SWITCH ON MOTOR BEFORE LOADING WITH POTATOES. DO NOT OVERLOAD.
3. Turn on water so that a small trickle washes the potatoes.
4. Allow potatoes to remain in hopper *just long enough* to remove outer skin.
5. Cover with cold water immediately.
6. Remove eyes from the potatoes.

N.B.—On no account must the motor of the machine be switched off while there are still potatoes in the hopper as the motor will be damaged if switched on while the machine is loaded.

Cooking

Boiled Potatoes

1. Boil the water, add salt (1 oz. per gallon) and put in the prepared potatoes.
2. Bring to the boil, reduce heat and cook steadily.
3. Strain thoroughly when cooked and serve immediately.

Baked Potatoes in Jackets

1. Scrub potatoes thoroughly. If large, cut in equal sized portions.
2. Bake in lightly greased baking tins in a moderately hot oven approximately 1¼ hours, turning during cooking.

Sauté Potatoes

1. Slice the prepared potatoes which may be parboiled.
2. Heat very little fat in baking tins in a moderately hot oven and add sliced potatoes.
3. Turn potatoes occasionally during cooking.
4. When cooked drain thoroughly from the fat.
5. Sprinkle with salt.

Fried Potatoes

1. Prepare potatoes and cut into chips.
2. Soak approximately 30 minutes in cold water.
3. Strain and dry potatoes in a dry cloth.
4. Put potatoes into frying basket and when the fat is ready, lower gently into fat.
5. Blanch potatoes, i.e. cook until soft but not coloured. Remove basket and re-heat fat, until a blue haze rises.
6. Lower basket again into fat and leave until chips are golden brown.
7. Drain chips very thoroughly and sprinkle with salt before serving.

Mashed Potatoes

1. Cook prepared potatoes either by boiling or steaming. If boiled, strain thoroughly.
2. Reconstitute dried milk with milk or water (from potatoes, if possible) and boil in double saucepan, adding the margarine.
3. Mash, adding milk, margarine and seasoning, using
   - (*a*) hand potato masher, *or*
   - (*b*) electric mixing machine, *or*
   - (*c*) electric vegetable preparation machine with a potato mashing plate.

Note.—To 50 lb. potatoes use up to 2 lb. dried milk reconstituted with approximately 2 pt. liquid and at least 6 oz. margarine. More margarine should be used when it can be spared.

Roast Potatoes

1. Heat dripping in baking tins, add prepared potatoes cut in equal portions and cook in a moderately hot oven.
2. Turn potatoes during cooking and when brown and crisp strain the potatoes from the fat thoroughly.
3. Sprinkle with salt.

Carrots, Swedes, Turnips, Parsnips

Quantities

20 lb. per 100 senior children
16 lb. per 100 junior children
14 lb. per 100 infant children

3-gallon container holds 20 lb. cooked vegetable and should serve 120 seniors or 150 juniors.

Preparation

Carrots

Trim off tops, proceed as for potatoes.

Swedes, Turnips, Parsnips

These must all be peeled by hand.
Vegetables should be diced, sliced or cut into strips.

Cooking

Boil root vegetables as for potatoes (see page 20).
Sprinkle with chopped parsley just before serving.

SALADS

Quantities

Raw Cabbage

10 lb. per 100 seniors
7–8 lb. per 100 juniors
6 lb. per 100 infants

Watercress

6 lb. per 100 seniors

Mixed Salad

Select ingredients for a mixed salad from the two groups given below to make up the weight per 100 meals in the following table:

Approximately 11 lb. from Group A Approximately 8 lb. from Group B	per 100 seniors
Approximately 8 lb. from Group A Approximately 6 lb. from Group B	per 100 juniors
Approximately 7 lb. from Group A Approximately 5 lb. from Group B	per 100 infants

Group A	Group B
Raw cabbage	Radishes
Raw sprouts	Cucumber
Raw cauliflower	Tomatoes
Watercress	Apples
Mustard and Cress	Celery
Parsley	Carrot—raw or cooked
Mint	Swede—raw or cooked
Lettuce	Beetroot—raw or cooked
	Dates
	Raisins
	Peas—cooked
	Beans—cooked

Preparation

Lettuce

1. Remove and discard outer leaves.
2. Break lettuce apart and wash very thoroughly in salt water.
3. Drain thoroughly and tear into shreds. DO NOT CUT.

Watercress

1. Remove dead leaves and coarse stalks.
2. Wash well in plenty of salt water. Shake and strain off as much water as possible.
3. Break into sprigs or chop coarsely.

Mustard and Cress

1. Cut off stalk ends.
2. Wash very thoroughly and drain well.

Cabbage and Sprouts

Prepare and shred finely.

Carrots and Turnips

1. Cut in small dice and cook; *or*
2. Grate finely and serve raw.

Beetroot

1. Wash well, put into cold salted water, bring slowly to the boil.
2. Boil steadily until the skin will rub off, about 2 hours.
3. Slice thinly or dice.

Parsley

1. Remove stalk and wash well in salted water.
2. Drain and dry well.
3. Sprig or chop finely.

Mint

Break off leaves, wash well, leave whole or chop.

PULSE

Quantities

6 lb. dried beans or peas per 100 senior children
4½ lb. dried beans or peas per 100 junior children
4 lb. dried beans or peas per 100 infant children

Method

1. Wash thoroughly and soak overnight in plenty of cold water.
2. Bring to the boil, simmer until tender.
3. When almost cooked, add salt.
4. Strain thoroughly, and use as required.

MIXED VEGETABLES OR VEGETABLES IN GRAVY

1½ lb. peas
1½ lb. beans
10 lb. cabbage
2 lb. swedes
2½ heads of celery
1–2 lb. onions or leeks
½ lb. parsley
1 lb. flour (for thickening)
Marmite
Browning
Seasoning

Method

1. Cook the pulse.
2. Prepare the roots, cut in dice, and cook in just sufficient water to cover.
3. Wash and shred the cabbage.
4. Half an hour before serving add the cabbage to the root vegetables, cook for 10 minutes.
5. Add the pulse and thickening, seasoning, Marmite and browning
6. Add the parsley just before serving.
7. Make the quantity up to 3 gallons by the addition of stock or potato water to allow for ¼-pint portion per child.

BAKED BEANS IN TOMATO SAUCE

- 5 lb. haricot beans
- 1 lb. dripping
- 1 lb. flour
- ½ lb. brown sugar
- 1 gal. stock or water
- ½ teaspoon mixed spice
- 1 tablespoon vinegar
- ½ kilo tomato purée (approx. 1 lb.)
- Salt and pepper

Method

1. Soak beans overnight, then cook in the usual way. When tender strain off the liquid.
2. Make a sauce with dripping, flour and stock.
3. Add sugar, flavouring and tomato purée.
4. Stir the sauce into the beans, cover, keep in a hot place for at least ten minutes before serving.
5. Sprinkle with chopped parsley before serving.

FRYING

Methods

1. Shallow fat
2. Deep fat

Fat for Frying

Any fat which is free of salt, water and impurities is suitable for frying, e.g. clarified dripping, cooking fat, lard, frying oils.

Shallow Fat Frying

Is carried out with sufficient fat in the pan to cover the bottom of the pan but not sufficient to cover the food.

Deep Fat Frying

1. Should only be done in a pan at least 6 inches deep and made of stout metal.
2. The fat should be sufficient to cover the food.
3. The food should be in individual portions and covered with either batter or egg and bread-crumbs.
4. The fat should be still and have a slight haze rising from it before any food is added. Turn the food during cooking and drain well over the fat before dishing.
5. Strain the fat after use to remove pieces of food and scraps of cooked batter, etc.
6. Avoid overheating the fat, which makes it dark in colour and gives a burnt flavour and dark colour to the food.

TO RENDER FAT

1. Cut up fat trimmings from meat or suet, place in tin in warm oven and cook until the tissue is brown and dry.
2. Pour off the liquid as it collects.
3. Clarify the resulting fat.

Note.—The same process can be carried out in a strong saucepan on top heat.

TO CLARIFY FAT

1. Melt the fat in a pan, add an equal quantity of hot water, stir well and boil together for a few minutes.
2. Strain through muslin into clean utensils and allow to become cold and solid.

3. Remove the fat from the water and scrape the impurities from the top and bottom surfaces. The scrapings may be re-clarified with more fat.
4. Put the fat into a pan and heat until all moisture is driven off.

Note.—If fat is adequately clarified it will keep indefinitely in a cool larder.

COATING BATTER
with BAKING POWDER

4 lb. flour
1 oz. salt
2 oz. baking powder
5–6 pt. water
Colouring

1. Sieve flour and salt.
2. Put measured water in a bowl, whisk in flour and allow to stand 30 minutes.
3. Add baking powder just before using.

COATING BATTER
with YEAST

4 lb. flour
2 oz. yeast
3–4 pt. milk and water
Seasoning
Colouring

1. Mix yeast with ½ pint warm water and put this into a well in the centre of the flour.
2. Leave 30 minutes, then mix with approximately 2½–3½ pints of warm milk and water, add seasoning.
3. Beat well, cover with a cloth and leave to stand in a warm place 30 minutes before using.

FISH

FISH CAKES

20 lb. fresh cod or coley fillets
8 lb. potatoes
½ lb. parsley
Seasoning

Sauce

8 oz. margarine
8 oz. flour
2 pt. milk

Coating

1 lb. flour
½ lb dried egg (reconstituted) *or*
Coating batter made with flour and water
Clarified dripping
Bread-crumbs

1. Remove skin from fish, wash and steam until cooked.
2. Cook and mash potatoes.
3. Make sauce and mix well with fish, seasoning, potatoes and chopped parsley.
4. Shape, toss in flour, coat with egg and crumbs.
5. Fry in deep fat or bake until golden brown.

FRIED FISH IN BATTER

20 lb. fresh cod or coley fillets
Batter with 4 lb. flour
1 lb seasoned flour

1. Remove skin from fish.
2. Wash, dry and cut into 3 oz. portions.
3. Heat fat until a slight haze is rising from it.
4. Coat fish in batter and drop gently into fat.
5. Turn the fish during cooking.
6. Cook 7–10 minutes until golden brown and cooked through.
7. Drain well and serve garnished with parsley.

PASTRY

Kinds:

1. Short-crust pastry
2. Rich flan pastry
3. Suet pastry
4. Flaky and rough puff pastry
5. Puff pastry

Short-crust pastry and suet pastry are the kinds most frequently used for school meals. Occasionally, flaky or rough puff pastry may be served.

SHORT-CRUST PASTRY

Proportion

Half weight of flour in fat.

It is never necessary to use baking powder or self-raising flour when half fat to flour is used.

9 lb. flour
4½ lb. fat
1 oz. salt
Approx. 22–24 oz. cold water

Method

1. Sieve flour and salt.
2. Rub fat into flour.
3. Add just sufficient cold water to mix to a stiff dough.
4. Weigh off amount required for size of tin.
5. Roll out evenly and firmly in one direction, using only sufficient flour to prevent the pastry from sticking.
6. Bake in a fairly hot oven, making sure that it is cooked right through, especially with double tarts.

Notes

1. Fat—dripping, margarine, cooking fat or lard may be used.
2. Keep the mixture as cool as possible and do not handle more than necessary.

Quantities

(*a*) **Open Tarts**

1 lb. 2 oz. flour makes pastry to cover one standard tin 16 in × 10 in × 1 in.

Pastry made with 9 lb. flour covers 8 tins (i.e. 96 portions).

From a bulk mix scale off 1¾ lb. pastry dough for each tin.

Seniors, cut 12 portions per tin
Juniors, cut 16 portions per tin
Infants, cut 18 portions per tin

(*b*) **Double Tarts**

1½ lb. flour makes pastry to line and cover one tin.

Pastry made with 9 lb. flour lines and covers six tins (i.e. 96 portions).

Scale off 2½ lb. pastry for each tin and divide in half for lining and covering.

Seniors, cut 16 portions per tin
Juniors, cut 20 portions per tin
Infants, cut 24 portions per tin

(*c*) **Baked Rolls** (sweet or savoury)

1¼ lb. pastry dough makes a roll for:
8 seniors
10 juniors
12 infants

(*d*) **Fruit Pie** (made in 1 in. deep tins)

1¾ lb. pastry dough per tin for:
12 seniors
16 juniors
18 infants

(*e*) **Meat Pie**

Use 6¾ lb. flour for 96 portions.

1½ lb. pastry per tin for:
16 seniors
20 juniors
24 infants

RECIPES USING SHORT-CRUST PASTRY

JAM TART, OPEN

(96 portions)

Pastry with 9 lb. flour
7–8 lb. jam

Method

1. Scale off pastry in 1¾ lb. portions and roll into shape. Line the tin and decorate the edges neatly.
2. Divide the jam between the trays, spread evenly. Lay on strips of pastry to divide portions.
3. Bake in a moderate oven till golden brown and cooked in the centre.
4. Portion as for open tarts.

JAM TART, DOUBLE

(96 portions)

Pastry with 9 lb. flour
7–8 lb. jam

Method

1. Scale off pastry 2½ lb. for each tin and divide in half for lining and covering.
2. Roll into shape and line tins.
3. Spread jam evenly over the six tins.
4. Cover with second layer of pastry and decorate the edges.
5. Brush over with milk or sugar and water. Mark into portions as for double tarts.
6. Bake in a moderate oven till well cooked in the centre.

MANCHESTER TART

(96 portions)

Pastry using 9 lb. flour

Filling

1½ gal. water
3 lb. dried milk
1 lb. custard powder
¾ lb. sugar
3 oz. margarine

Method

1. Roll out pastry using 1¾ lb. per tin and bake it.
2. Make the custard.
3. Spread the cooked pastry with jam and pour the custard on it.
4. Portion as for single jam tart.

TREACLE TART

(96 portions)

Make pastry with 9 lb. flour

Filling

12 lb. golden syrup
3 lb. bread-crumbs (or ½ lb. rolled oats or cornflakes)
Juice of a lemon

Method

1. Line tins with 1¾ lb. pastry and bake lightly.

2. Slightly warm syrup in a pan, mix in crumbs. Spread on to tarts and put back in oven to set.

BAKEWELL TART

(96 portions)

Pastry with 4½ lb. flour

Filling

4 lb. semolina
4 lb. sugar
2 lb. margarine
1¼ lb. flour
½ lb. dried egg reconstituted with 1 pt. water
or
16 eggs
Almond essence
4 lb. jam

Method

1. Roll out pastry using 1¼ lb. per tin.
2. Spread with a thin layer of jam.
3. Prepare filling by creaming method.
4. Spread on pastry and bake carefully.
5. Portion as for double tart.

SPICED SULTANA TART

(96 portions)

Pastry with 9 lb. flour

Filling

6 lb. sultanas
3 lb. jam or marmalade
1 oz. mixed spice
Lemon juice if liked

Method

1. Line tins with 1¼ lb. pastry.
2. Spread on filling and cover with 1¼ lb. pastry.
3. Brush over top with water and sprinkle with sugar.
4. Bake in a moderate oven.

DUTCH APPLE TART

(96 portions)

Pastry made with 9 lb. flour

Filling

20 lb. apples
2 lb. sugar
1 lb margarine

Method

1. Line tins with 1¾ lb. pastry.
2. Cut up apples into thin slices and lay them on pastry.
3. Sprinkle with sugar and add margarine in pats.
4. Cook in a hot oven till pastry is brown and apple tender.

BUTTERSCOTCH TART

(96 portions)

Pastry with 9 lb. flour

Filling

3 lb. margarine
3 lb. demerara sugar or pieces
12 oz. flour
1½ pt. milk
Browning if necessary

Method

1. Line tins with 1¾ lb. pastry and bake.
2. Melt margarine, add milk and boil. Add sugar and flour and cook. Colour if necessary, and allow to cool.
3. Whisk and spread on pastry.

APPLE SQUARES

(96 portions)

Pastry made with 9 lb. flour

Filling

16 lb. apples or 4 lb. apple rings soaked overnight
4 lb. sultanas
2 lb. sugar
1 oz. spice

Method

1. Cut up apples, add sultanas, sugar and spice.
2. Line tins with 1¼ lb. pastry.
3. Spread mixture on to pastry.
4. Cover with 1¼ lb. pastry.
5. Bake in a hot oven.

PASTRY FINGERS

Pastry with 6–9 lb. flour, according to the dish with which the fingers will be served.

Method

1. Line tin lids with 1¾ lb. pastry. Prick and decorate.
2. For savoury dishes brush with egg or milk. For sweet dishes brush with milk or water and dust with castor sugar.
3. Cut into fingers, allowing two per person if full 9 lb. is used.
4. Bake in hot oven.

RICH FLAN PASTRY

Quantity for 8 tins, i.e. 96 portions

7½ lb. flour
4 lb. fat
8–16 egg yolks
¾ oz. salt
1 lb. castor sugar

Method 1

1. Cream fat and sugar.
2. Add yolks and water and gradually work in flour and salt.

Method 2

1. Mix yolks and water together.
2. Proceed as for short-crust pastry.

FRUIT FLANS

Rich flan pastry with 7½ lb. flour will line 8 tins (96 portions)

Filling

16 lb. fruit (fresh)
8 oz. cornflour (approx.)
3 lb. sugar (or according to the kind of fruit)
1 gal. water

Method

1. Line the tins with pastry and bake.
2. Cook the fruit with the sugar, strain fruit from the syrup and measure. Boil to reduce to 1 gallon.
3. Add blended cornflour, stir till it thickens and is clear.
4. Arrange fruit on pastry, coat with the cornflour mixture. Serve cold.

SUET PASTRY

Proportions

One-third to one-half weight of flour in suet.
Dripping or margarine may be used if suet is not available.

10 lb. flour
3½–5 lb. suet
5–7½ oz. baking powder
1 oz. salt
Cold water

Method

1. Sieve flour, salt and baking powder.
2. Add shredded suet or flaked fat.
3. Mix with cold water to a slightly softer dough than for short-crust pastry.

Notes:

1. Suet pastry should be much wetter than short-crust pastry.
2. Suet pastry may be either steamed or baked. For steaming allow a minimum of two hours; longer cooking produces a better result.

RECIPES USING SUET PASTRY

Steak Pudding. See page 10.

Steamed Meat Roll. See page 10.

Steamed Jam Roly-Poly

Suet pastry with 8 lb. flour
7 lb. jam

Method

(*A*)

1. Scale off pastry in 2½ lb. portions.
2. Roll out.
3. Spread with jam and roll up.
4. Place two rolls side by side in deep tins.
5. Steam 2½–3 hours.
6. Cut each roll into—16 portions for seniors
   20 portions for juniors
   24 portions for infants

(*B*)

Scale off pastry in 1¼ lb. portions.

Place 4 rolls in each tin.

Cut each roll into—8 portions for seniors
10 portions for juniors
12 portions for infants

Steamed Fruit Roly-Poly

Suet pastry with 8 lb. flour
10 lb. fresh fruit *or*
5 lb. dried fruit *or*
A mixture of both
2 lb. sugar

Method

As for jam roly-poly, using the prepared fruit and sugar instead of the jam.

Steamed Fruit Pudding

Suet pastry with 8 lb. flour
20 lb. fresh fruit *or* 10 lb. dried fruit (soaked)
3 lb. sugar

Method

(*A*) Using 3-in. deep tins (4 tins)

1. Place fruit and sugar in bottom of tin with a little water.
2. Divide pastry into 4, i.e. approx. 3¼ lb. per tin.
3. Roll pastry to fit the tin and place over the fruit.
4. Steam 2½–3 hours.
5. Cut into 25 portions for seniors.

(*B*) Using 1¼-in. deep tins (6 tins)

1. Scale off pastry 2½ lb. for each tin and divide in half for lining and covering.
2. Roll into shape and line the tins.
3. Divide fruit and sugar between the tins.
4. Cover with second layer of pastry.
5. Put on lid and steam 1½–2 hours.
6. Cut into 16 portions for seniors.

(*C*) Using 3-in. deep tins (4 tins)

1. Divide pastry into 4 and divide in half for lining and covering.

2–5. As for (*B*).

6. Cut into 25 portions for seniors.

FLAKY PASTRY OR ROUGH PUFF PASTRY

Proportion

Approximately three-quarters weight of flour in fat.

Cooking fat, lard and margarine may be used, but margarine gives the best result.

Quantities (96 portions)

With approximately 1¾ lb. pastry per tin

To cover 8 *tins cut into* 12 *portions*

Recipe A 7 lb. flour
5 lb. fat
1 oz. salt
2 tablespoons lemon juice
Water as required (very approximate amount would be about 53 oz.)

To cover 6 *tins cut into* 16 *portions*

Recipe B 5 lb. flour
3½ lb. fat
1 oz. salt
1½ tablespoons lemon juice
Water as required (very approximate amount would be about 38 oz.)

Note.—See special recipes for quantity of flour required; e.g. Steak Pie Recipe B with 5 lb. flour; Sausage Rolls Recipe A with 7 lb. flour.

Rough Puff Pastry

Method

Mixing

1. Sieve the flour and salt together.
2. Cut the fat into small knobs.
3. Add the lemon juice and cold water and mix to a soft dough keeping knobs of fat intact.
4. Scale off the dough into 3½ lb. portions for easy rolling (i.e. enough for 2 tins when finished).

Rolling

1. Roll into a long thin strip about $\frac{1}{8}$ in. thick. Keep the sides straight and ends square throughout all the work.
2. Fold in three equally. Press edges with the rolling pin.
3. Repeat rolling and folding twice more.
4. Cover the pastry with paper and put in a cold place or in a refrigerator between each rolling.
5. Always turn the pastry so that the fold is at the left hand side before commencing to roll.
6. Relax pastry before cooking for at least half an hour.

Baking

Glaze the pastry and bake in a hot oven until well risen and *cooked through.*

Flaky Pastry

Method

Mixing

1. Sieve the flour and salt together into a bowl.
2. Mix the fat thoroughly, divide into four and rub one-quarter into the flour.
3. Add the lemon juice and cold water and mix to a soft dough.

Rolling

1. Roll into a long thin strip about $\frac{1}{8}$ in. thick. Keep the sides straight and ends square throughout all the work.
2. Continue rolling as for rough puff pastry. Spread a quarter of the fat over two-thirds of the dough before each folding.

Baking.—As for rough puff pastry.

Note.—When necessary to divide into smaller quantities of dough for easy rolling, this must be done before rolling commences and the fat divided accordingly. Make sure that each portion of dough has three equal portions of fat to correspond.

PUDDING MIXTURES

Kinds:

1. Sponge pudding, steamed or baked.
2. Suet pudding, steamed.
3. Sponge cake, baked.
4. Batter pudding, baked.

SPONGE PUDDING

Baked	*Steamed*
7–10 lb. flour	7–10 lb. flour
$1\frac{3}{4}$–2 lb. dried milk	$1\frac{3}{4}$–2 lb. dried milk
4–6 lb. margarine	3–4 lb. margarine
4–6 lb. sugar	3–4 lb. sugar
5–7 oz. baking powder	5–7 oz. baking powder
7–10 oz. dried egg	4–7 oz. dried egg
or	*or*
7–14 eggs (optional)	7–10 eggs (optional)
1 oz. salt	1 oz. salt
Water to mix	Water to mix

Method of mixing

(*a*) 1. Sieve flour and salt.
2. Rub fat into flour.
3. Add dry ingredients.
4. Add sufficient water to make a soft mixture.
5. Put into well-greased tins.

(*b*) 1. Cream fat and sugar.
2. Beat in sieved dried egg and a little water.
3. Mix in sieved salt, flour and baking powder and dried milk alternately with water, to make a soft mixture.

(*c*) 1. Cream fat and sugar.
2. Rub this into sieved flour, egg, baking powder, milk and salt.
3. Mix with water to a soft mixture.

Notes.—The above mixtures will fill 4 tins, 3 in. deep or $8\frac{1}{2}$ tins $1\frac{1}{4}$ in. deep and serve 100 senior portions.

Seniors, cut 25 portions	from 3-in. tins	12	from 1¼-in. tins
Juniors, cut 32 portions		16	
Infants, cut 36 portions		18	

1. If the bowl of the mixing machine is small, method (*c*) can be used.
2. This quantity will fill four standard 1-gallon baking tins.
3. Dripping, margarine, cooking fat or lard may be used. In the case of container meals, it is advisable to use slightly less than half fat to flour, as the pudding stands better.
4. Puddings which are dry mixed on the previous afternoon should not have the baking powder added until the morning, when the water is added.
5. *Variations:* When using chocolate powder and spice, these should be added to the flour before the fat is rubbed in, to ensure even colour and good mixing. When making chocolate pudding reduce the flour by the quantity of cocoa added.
6. *Cooking:* Puddings which are to be steamed should be of moister texture than those to be baked. Steamed puddings—allow about 2 hours.

   Baked puddings—put into a moderately hot oven and then bake slowly 1½ hours.

Variations

1. Fruit Pudding

Foundation recipe using 7 lb. flour

Add 5 lb. sultanas, currants, raisins, dates or figs or a mixture of these fruits

2. Chocolate Pudding

Foundation recipe using 7 lb. flour

Add 7 oz. cocoa, ¾ lb. sugar and vanilla essence

Reduce flour by 7 oz.

3. Lemon Pudding (or Orange Pudding)

Foundation recipe using 7 lb. flour

Add grated rind from 1 dozen fruit

4. Ginger or Spice Pudding

Foundation recipe using 7 lb. flour

Add 5 oz. ground ginger *or* 5 oz. spice

5. Rainbow Pudding

Foundation recipe using 7–10 lb. flour. Make three mixtures, one chocolate, one plain flavoured with vanilla, one plain mixture coloured pink. Place layers of the mixture in containers for cooking.

FRUIT SPONGE

The foundation recipe using 7 lb. flour with:

20 lb. fresh fruit

or

6 lb. apple rings

or

8 lb. dried apricots

2 lb. sugar or more according to kind of fruit

Method

1. Prepare the fruit and place in bottom of deep tins with the sugar.
2. Place the pudding mixture on top.
3. Bake or steam.
4. Serve with custard.

BAKED OR STEAMED GINGER PUDDING

7½ lb. flour

1 oz. bicarbonate of soda

3 lb. sugar

1 oz. salt

3 lb. margarine

2 lb. syrup

2 lb. dried milk

2 oz. ground ginger

Water to mix

7 oz. dried egg *or* 7–14 eggs
(Optional in steamed pudding)

Method

1. Melt syrup, margarine and sugar.
2. Sieve dry ingredients (except bicarbonate of soda).
3. Add syrup to the dry ingredients with water to mix.
4. Lastly add bicarbonate of soda dissolved in a little water.
5. Cook immediately.

SUET PUDDING

10 lb. flour
2 lb. dried milk
7 oz. baking powder
1 oz. salt
3½ lb. suet
Water to mix

Method

1. Sieve flour, dried milk, baking powder and salt.
2. Add suet and mix with water.
3. Divide into 4 tins and steam 2½–3 hours.

Variations

1. Figgy, Sultana or Currant Duff
Add 5 lb. dried fruit and 1 lb. sugar

2. Syrup Layer
Use 7–10 lb. golden syrup

3. Fruit Stir-Up
Add 10 lb. fresh fruit and 5 lb. sugar

Suet-Pastry Puddings—See recipes in pastry section, page 37.

SPONGE CAKE

With fresh eggs

Recipe to make 8 sponge cakes in 1¼-in. deep tins (96 portions)

8 lb. flour
¼ lb. baking powder
1 oz. salt
6 lb. sugar
2 lb. margarine
32 eggs } made up to 4 qt.
Lukewarm water }

Method

1. Sieve together flour, baking powder and salt.
2. Cream together sugar and margarine until white and frothy.
3. Add the eggs slowly, beating well, and then as much water as the mixture will take without curdling.
4. Fold in flour lightly, adding at the same time the rest of the water.
5. Spread in well-greased tins.
6. Bake at once in moderate oven.

SPONGE CAKE

With dried egg

Recipe to make 8 sponge cakes in 1¼-in. deep tins (96 portions)

8 lb. flour
½ lb. baking powder
1 oz. salt
6 lb. sugar
2 lb. margarine
1 lb. dried egg
4 qt. water
Vanilla essence

Method

Proceed as above, adding the dried egg to the creamed margarine and sugar and then the water.

Note.—The above two recipes are suitable for gateaux or for sponge fingers to accompany another dish when half the above quantities should be used.

SPONGE—FATLESS

With dried egg

Recipe A

3 lb. 9 oz. flour
3 lb. castor sugar
5 oz. baking powder
6 oz. dried milk
1 lb. dried egg
3 pt. water

Recipe B

4 lb. flour
3 lb. castor sugar
5 oz. baking powder
1 lb. dried egg
48 oz. water

Method

1. Prepare tins by greasing thoroughly.
2. Sieve all dry ingredients together twice.
3. Make a well in the centre and mix together with the water.
4. Divide between tins (see note below), spread quickly.
5. Dredge with sugar and bake at 420° F.

With fresh egg

Recipe C

3½ lb. flour
3½ lb. castor sugar
14 eggs
3½ oz. baking powder
21 oz. tepid water

Method

1. Prepare tins by greasing thoroughly.
2. Sieve flour and baking powder.
3. Whisk egg and sugar together until thick.
4. Fold in flour lightly with water.
5. Divide between tins (see note below) and bake in fairly hot oven.

Note.—All these three recipes should be cooked in 8 shallow tins and will be sufficient to make approximately 9½ lb. sponge for trifle. See complete recipe for trifle on page 61.

For Sponge Fingers cut each tin into 12 portions, i.e. 96 portions. Alternatively, cook in 6 tins only and cut each tin into 16 portions, i.e. 96 portions.

SWISS ROLLS

With dried egg. Use half quantity Fatless Sponge Recipe B.

Method

1. Prepare tin lids (see note below) by one of these methods.
   (*a*) Grease very thoroughly and flour.
   (*b*) Line the bottom of tin lids with kitchen paper.
2. Sieve flour.
3. Reconstitute dried egg with water.
4. Whisk sugar and egg together until thick.
5. Fold in flour lightly, keeping back a little to mix with the baking powder, which is added last.
6. Divide between prepared tin lids and bake in a hot oven.
7. Turn out—if (*b*) method of preparing tins is used, turn on to a cloth, then thoroughly damp back of paper and peel off.
8. *Either* spread quickly with warm jam and roll up at once; *or* Roll up while hot; when cold, unroll and spread with cream or jam or both.

CHOCOLATE SWISS ROLL

With dried egg

As Fatless Sponge Recipe B but add 4 oz. cocoa and a few drops of vanilla. Reduce the quantity of flour by 4 oz.

SWISS ROLL

With fresh egg

Recipe D

1 lb. 14 oz. flour
1 lb. 8 oz. castor sugar
1¼ pt. liquid egg
1½ oz. baking powder

Method as for dried egg Swiss Roll.

CHOCOLATE SWISS ROLL

With fresh egg

As Fatless Sponge Recipe D but add 3 oz. cocoa and a few drops vanilla and reduce flour by 3 oz.

Note.—The above recipes will make 6 rolls. Each one cut into 8 portions will give 48 portions. It is difficult to handle a larger mixing satisfactorily when making Swiss Rolls.

BATTER PUDDINGS

Foundation Recipe *with fresh eggs and liquid milk—100 portions*

6 lb. flour
1½ gallon milk
1½ oz. salt
24 eggs
Dripping

Method

1. Sieve dry ingredients together.
2. Break the eggs and add with half the water to the dry ingredients.
3. Beat for ten minutes, add the rest of the water.
4. Allow to stand 30 minutes before cooking.
5. Place 2 tablespoons dripping into each baking tin and put into the oven to get smoking hot.
6. Pour the batter over the hot fat and cook in a very hot oven until well risen and brown.

Foundation Recipe *with dried milk and dried egg—100 portions*

6 lb. flour
2 lb. dried milk
1½ oz. salt
1½ pt. water }
¾ lb. dried egg }
1½ gallon water
Dripping

Method of Mixing

1. Sieve dry ingredients together.
2. Put the measured water into the bowl and whisk in the dry ingredients.
3. Allow to stand 30 minutes before cooking.
4. Place 2 tablespoons dripping into each baking tin and put this into the oven to get smoking hot.
5. Pour the batter over the hot fat and cook in a very hot oven till well risen and brown.

For Sweet Dishes

(i) Add dried fruit (2–5 lb.) to the batter after pouring the batter into the dishes. When cooked dredge with 1 lb. sugar.
(ii) *Fresh fruit*. Prepare the fruit, mix with the sugar, and add this to the batter after pouring it into the tins.
(iii) Cook as for Yorkshire Pudding and serve with hot jam or syrup, or jam, syrup or lemon sauce.

For Savoury Dishes, e.g. meat, see pages 12, 13.

BISCUITS

SHORTBREAD

(4 tins)

4 lb. plain flour
2½ lb. margarine
1½ lb. sugar

Method

1. Cream margarine and sugar.
2. When light and fluffy add flour.
3. Press into ungreased tins allowing 2 lb. per tin.
4. Cook 30–40 minutes in a slow oven.
5. Mark into portions while still warm.

Variations

1. Spread 2 tablespoons jam on to each tin of mixture, and sprinkle with cornflakes.
2. Traffic signal biscuits. Cut 3 small rounds from half of the biscuits, cut the rest into rounds of the same size; when cooked sandwich together and fill the holes with red, yellow and green jam or icing.
3. Cut into animal shapes.
4. Cut into crescent shaped biscuits, etc., which can be decorated with icing or chocolate couverture.

CHOCOLATE ROLLED-OAT BISCUITS

(5 tins)

6 lb. rolled oats
4 lb margarine
3 lb. sugar
6 oz. cocoa

Method

1. Cream margarine and sugar.
2. Add cocoa and rolled oats.
3. Press into trays (2½ lb. per tin).
4. Bake 30–40 minutes in a slow oven.
5. Mark into portions while still warm.

CREAM WHIRLS

100

4½ lb. flour
3¾ lb. margarine
1½ lb. icing sugar
Glacé cherries or red jam

Method

1. Sieve sugar, then cream with margarine very thoroughly.
2. Add flour.
3. Pipe on to trays and decorate with cherries or jam.
4. Allow to stand over-night before baking.

FLAPJACK

6 lb. rolled oats
4 lb. margarine
3½ lb. sugar
4 lb. syrup

Method

1. Melt margarine, syrup and sugar, add the rolled oats.
2. Divide into 10 tins and press well down with a palette knife (1½ lb. per tray) or 6 trays (2 lb. 6 oz. each).
3. Bake in a slow oven until golden brown.

OATMEAL BISCUITS

3 lb. flour
1½ lb. oatmeal
2¼ lb. margarine
1½ lb. sugar
Salt

Method

As for Shortbread.

MERINGUE

Hyfoama

1 pt. water
1¾ oz. Hyfoama
3 lb. castor sugar

Calvé White

1 pt. water
4 oz. Calvé White
2¼–4¾ lb. castor sugar

United Yeast Powder

1 pt. water
2–3 oz. powder
2¾ lb. castor sugar

Fresh Egg

1¼ pt. white of egg
2¼–3¼ lb. castor sugar

For smaller quantities use the proportion of:

1 white of egg
2 oz. castor sugar

Method

1 (*a*). When a powder is used, mix with the water to a smooth paste and leave to stand for at least 5 minutes.
(*b*). When fresh eggs are used, make quite sure they are carefully divided from the yolks.
2. Whisk at high speed until stiff and firm.
3. Add ¾ lb. sugar and whisk again until the mixture "peaks."
4. Set the machine at low speed and slowly add the rest of the sugar, whisking only just long enough to mix (or alternatively, fold in by hand).
5. Use as required.

Notes:

Fresh egg can be made by hand but it is not possible to obtain high enough speed for good results with the powders.

The meringues made with the powders must be cooked sufficiently to prevent them being "tacky."

Always allow ventilation in the oven to facilitate the "drying out" process.

If colouring or flavouring is used add at the beginning when whisking.

Be careful to use strong essences, as if too much is added the liquid will be increased.

Use of Meringue

1. Shells of various colours and shapes can be used to decorate trifles, jellies, blancmanges, biscuits, sponges, or cooked tarts.

   Method.—Pipe onto trays lined with greaseproof paper and bake in a cool oven (220°–250° F.) until crisp and set. Leave in a warm place overnight to dry out completely. The greaseproof paper should be saved and used again.
2. They can also be sandwiched together with cream and served instead of a biscuit.
3. Pipe on to the top of the following puddings and bake in a cool oven for about 1 hour. Serve as soon as possible.

Examples: Queen of Bread Puddings, Apple Amber, Chocolate Pie, Lemon Pie.

YEAST MIXTURES

Yeast is important as a raising agent:

1. Because it has a high vitamin B value.
2. Because yeast does not affect the food value of the flour as baking powder does.
3. Because its use adds variety to the menu.

Yeast can be purchased from the United Yeast Co. or in small quantities from the local baker. It will keep for at least a week if it is kept covered.

Quantity

The quantity of yeast used is in proportion to the amount of flour and also to the length of time that can be allowed for rising.

For slow mixture allow ½ oz. yeast to 1 lb. flour and leave to rise for 1½–2 hours.

For a fast mixture allow 1 oz. yeast to 1 lb. flour and leave to rise for 30–40 minutes.

"Rising" and "Proving"

During rising and proving avoid draughts and sudden changes of temperature. Both these processes can take place on the kitchen table provided the mixture is kept covered. If the mixture is placed on a stove or steamer to rise, the bowl or tin should never be so hot it cannot be held in the palm of the hand.

Liquid for Mixing

The quantity of liquid varies with the quality of the flour. The temperature of the liquid should be blood heat, i.e. 98° F. Extra liquid should not be added once the mixture has been bound together.

BUN DOUGH

8 lb. flour
8 oz. yeast
1 lb. fat
1 lb. sugar
¾ oz. salt
16 eggs
Water to make up to 72 oz. } or { 8 oz. dried egg
72 oz. water

Method

1. Cream the yeast and sugar
2. Rub the fat into the flour, add sieved dried egg and creamed yeast.
3. Knead to a soft dough with the remainder of the water. Knead well.
4. Cover and allow to rise until the mixture has doubled its size (about 30 minutes). Weigh out dough for:

    Seniors 2¼ lb. Cut this into 16 portions.
    Juniors 2 lb. Cut this into 16 portions.
    Infants 2 lb. Cut this into 18 portions.

5. Place in greased tins and allow to prove for 15 minutes.
6. Cook in a hot oven about 15 minutes.
7. Remove from oven and brush with glaze.

Varieties of buns

Plain

Serve (*a*) split, spread with jam, sprinkle thickly with icing sugar.
(*b*) split, spread with jam and cream, sprinkle thickly with icing sugar.
(*c*) split, spread with cream and ice with chocolate icing.

Fruit

Knead 8–12 oz. of dried fruit into the mixture when making. Serve with jam or syrup sauce.

Doughnuts

1. Prepare as for plain buns. After proving, fry in deep fat at haze point, turning the doughnuts so that they cook evenly.
2. Drain and toss in granulated sugar to which a little spice may be added if liked.

BUN GLAZE

1 pt. milk
½ lb. sugar

Method

Boil milk and sugar together and brush on to buns as they come from the oven.

BREAD DOUGH

2 lb. flour
2 oz. yeast
2 teaspoons sugar
2 teaspoons salt
18 oz. warm water
1 oz. fat

To make bread dough

1. Cream the yeast and the sugar and add some of the warm water.
2. Sieve the flour and salt, rub in the fat and make a well in the centre.
3. Add the yeast, knead in the flour and the remaining water to make a medium dough.
4. Set to rise for half an hour.

Yeast Pastry

3 lb. bread dough. 1½ lb. margarine or mixed fats

To make yeast pastry

1. Scale off in 1 or 2 lb. batches of dough. Take ½ lb. margarine to each 1 lb. dough.
2. Roll the dough into a square and put the fat in the centre. Fold corners to centre as for puff pastry.
3. Roll into an oblong and as thinly as possible. Fold ends to centre and then fold in half again.
4. Rolling and folding *may be repeated* twice more to make a more flaky pastry.

Uses

1. Jam and fruit tarts, meat and other pies.
2. Eccles cakes, Banbury cakes, jam puffs.
3. Sausage rolls.

ECCLES CAKES

(Filling for 20)

1 lb. currants
1½ lb. marmalade
1 lb. brown sugar
1 lb. margarine
Spice
Cinnamon

Method

1. Cream margarine and sugar.
2. Mix all ingredients together.

BANBURY CAKES
(Filling for 20)

1 lb. cake crumbs
1 lb. dried fruit
1½ lb. jam
Spice
Lemon rind and juice
Cinnamon
Milk

Method

1. Soak all the cake crumbs in milk.
2. Mix all ingredients together, add sugar if necessary.

DRIED MILK AND MILK PUDDINGS

DRIED MILK

Allow 2 lb. skimmed dried milk to one gallon of water and add 2 oz. margarine.

To reconstitute Dried Milk

1. Weigh dried milk.
2. Measure water.
3. Mix the milk to a thin cream.
4. Add the rest of the water gradually, strain.
5. Add the fat when cooking.

MILK PUDDINGS AND BLANCMANGES

These may be made with:

1. Whole grain, e.g. rice, barley, sago, macaroni and spaghetti.
2. Crushed grain, e.g. semolina.
3. Powdered grain, e.g. cornflour.

For 100 senior portions allow 4 gallons
For 100 juniors and infants allow 3–4 gallons

4 gallons of milk may be made up of:—

2 gal. fresh milk		4 gal. water
2 gal. water	*or*	8 lb. dried milk
4 lb. dried milk		8 oz. margarine
4 oz. margarine		

WHOLE GRAIN—RICE, ETC:

4 gal. milk and margarine as above
3 lb. grain if baking
4 lb. grain if boiling
2 lb. sugar
1 oz. salt

Method A

1. Divide the dry ingredients between tins.
2. Pour over the milk and margarine.
3. Cook in moderate oven.

Method B

1. Put milk, grain, sugar and margarine into double saucepan.
2. Cook slowly 2–2½ hours.

CRUSHED GRAIN—SEMOLINA

4 gal. milk and margarine as above
4 lb. semolina
2 lb. sugar
1 oz. salt

Method A

1. Heat the milk, margarine and sugar almost to boiling point.
2. Sprinkle the grain in the milk, stirring well until the mixture thickens and the grain is cooked.

Method B

1. Measure the milk and take out enough to mix the semolina to a thin cream.
2. Boil the remaining milk, margarine and sugar; add the blended semolina slowly, stirring until the mixture thickens and the grain is cooked.

CHOCOLATE SEMOLINA

4 gal. milk and margarine as above
3 lb. 10 oz. semolina
3 lb. sugar
1 oz. salt
6 oz. cocoa
Vanilla essence

Method—As above.

POWDERED GRAIN—CORNFLOUR MOULD OR BLANCMANGE

4 gal. milk and margarine as above
3 lb. cornflour or blancmange powder
2 lb. sugar
Flavouring

Method

1. Measure milk and take out enough to mix the powder to a thin cream.
2. Boil remaining milk, margarine and sugar.
3. Add the blended powder slowly, stirring until the mixture thickens and the grain is cooked.
4. Add flavourings.

CHOCOLATE BLANCMANGE

4 gal. milk and margarine as above
2½ lb. cornflour
3 lb. sugar
¾ lb. cocoa
Vanilla essence

RAINBOW BLANCMANGE

Use the recipe for blancmange and make 3 colours—white, pink and chocolate—and set in layers.

CUSTARD RICE

4 gal. milk and margarine as above
3 lb. rice
1 lb. custard powder
2 lb. sugar

Method

1. Measure milk and take out enough to mix the custard powder to a thin cream.
2. Boil remaining milk, margarine, sugar, and salt in a double saucepan.
3. Add rice and cook slowly 2–2½ hours.
4. Just before serving add the blended powder stirring until the mixture thickens and the grain is cooked.
5. If necessary add flavouring.

MISCELLANEOUS PUDDING RECIPES

JUNKET

8 lb. dried milk
4 gal. water
1 lb. sugar
4 large tablespoons rennet

Method

1. Reconstitute the milk with the water.
2. Add the sugar, boil and leave to cool until blood heat.
3. Put a large tablespoonful of rennet in each tin.
4. Put a gallon of the warm milk in each tin stirring gently to mix well.
5. Leave to set on a table in a warm place for about 30 minutes.

Note.—The junket can be made more attractive for the children by slightly colouring the milk. It should always be made on the day when it is to be eaten.

JELLY CREAM

12 pt. jelly (made according to the directions on the tin *but* with ½ quantity of water)
6 pt. jelly made with the full quantity of water
8 tins evaporated milk

Method

1. Boil the tins of milk for 20 minutes and put into refrigerator overnight.
2. Make up sufficient jelly crystals and sugar for 12 pints but melt in half quantity of water and leave to become cold but not set.
3. Whip up milk.
4. Fold into jelly and pour quickly into 4 deep tins. Leave to set.
5. Make up 6 pt. jelly according to instructions on jelly tin and leave to cool.
6. Pour on to top of cream mixture and leave to set.
7. Decorate with mock cream and pieces of fruit.

BREAD AND BUTTER PUDDING

7 lb. 10 oz. bread, i.e. four ½ quartern loaves
1½ lb. margarine
2–2½ lb. sugar
1½ gal. water
2 gal. milk
3 lb. dried milk
3–4 lb. dried fruit
16–32 eggs or 8–16 oz. dried egg reconstituted with 2 pt. water
Nutmeg

Method

1. Spread the bread with the margarine.
2. Put into tins in layers with sugar and fruit.
3. Make custard with eggs and milk and pour into tins.
4. Sprinkle the top with a little nutmeg.
5. Bake in a *very* slow oven until set.

TRIFLE

This can be made in 4 deep tins or 8 shallow tins.

8 lb. fatless sponge—see recipe on pages 45, 46
4 lb. jam
2 gal. milk, fresh or dried
1 lb. sugar
1½ lb. custard powder
Fruit juice or fruit squash

Method

1. Sandwich the sponges with jam.
2. Cut in strips and lay in bottom of tins so that the cut edges are at the top.
3. Using fruit juice or partly diluted fruit squash, just soak the sponge.
4. Make the custard and pour on the sponge and leave to get cold.
5. Decorate with mock cream.

GRAVY, SAUCES AND STUFFINGS

GRAVY

½ lb. dripping
½ lb. flour
1 gal. stock
2 oz. Marmite
Seasoning

Method

1. Melt fat.
2. Add flour and cook together thoroughly.
3. Add stock gradually and bring to the boil.
4. Lastly add Marmite, seasoning and browning.

BASIC WHITE SAUCE (SAVOURY)

Pouring Sauce

A.	B.	C.
½ lb. margarine	9 oz. margarine	10 oz. margarine
½ lb. flour	8 oz. flour	8 oz. flour
1 gal. milk	½ gal. milk	1 gal. water or stock
Seasoning	½ gal. water or stock	2 lb. dried milk
	1 lb. dried milk	Seasoning
	Seasoning	

Coating Sauce

A.	B.	C.
1 lb. margarine	17 oz. margarine	18 oz. margarine
1 lb. flour	16 oz. flour	16 oz. flour
1 gal. milk	½ gal. milk	1 gal. water or stock
Seasoning	½ gal. water or stock	2 lb. dried milk
	Seasoning	Seasoning

Method

1. Melt fat
2. Add flour and cook together without browning.
3. Add half the liquid and allow to thicken slightly.
4. Add the remainder of the liquid gradually and allow the sauce to come to boiling point.

5. Season carefully.

Note.—When available, stock from the meat, fish or vegetable with which the sauce is to be served, should be used instead of water.

PARSLEY SAUCE

Add ½ lb. chopped parsley to one of the above just before serving

CHEESE SAUCE

Add 2 lb. grated cheese to one of the above sauces

TOMATO SAUCE

½ lb. dripping
½ lb. flour
1 gal. stock or water
½ lb. brown sugar
1 teaspoon mixed spice
1 tablespoon vinegar
½ kilo tomato purée (approx 1 lb.)
Salt and pepper

Method

1. Make a roux with fat and flour.
2. Add stock and boil.
3. Add sugar, flavouring and tomato purée.

APPLE SAUCE

7 lb. apples
¾ lb. sugar
¾ pt. water
3 oz. margarine

Method

1. Peel, core and cut up apples.
2. Cook with the water and margarine until soft.
3. Add sugar and beat until smooth.

MINT SAUCE

1 qt. vinegar
4 tablespoons boiling water
4 tablespoons sugar
8 tablespoons chopped mint

Method

1. Pour the boiling water on the mint and sugar and allow to stand for a while.
2. Add vinegar.

BREAD SAUCE

1 gal. milk
2 lb. bread-crumbs
½ lb. margarine
¼ lb. minced onions
2–3 blades mace
12 cloves

Method

1. Tie cloves and mace in muslin.
2. Simmer onions, cloves and mace together with the milk for about half an hour.
3. Remove cloves and mace from the milk and lower gas.
4. Add bread-crumbs and margarine and stir until thoroughly blended. If necessary to keep warm, avoid over-cooking.
5. Season carefully.

ONION SAUCE

4 lb. minced or chopped onions
1½ lb. margarine
1 lb. flour
1 gal. water
2 lb. dried milk
Seasoning

Method

1. Cook the onions in ½ gal. water until tender. Strain, make the liquid up to ½ gal. and keep for use in the sauce.
2. Reconstitute the dried milk with remaining water.

3. Melt fat.
4. Add flour and cook together without browning.
5. Add the milk and allow to thicken slightly.
6. Add the stock from the onions and bring to the boil. Add the cooked onions.
7. Season carefully.

SALAD DRESSING

8 oz. margarine
5 oz. flour
½ gal. water
1 lb. dried milk
1 pt. vinegar
1 oz. mustard
4–8 oz. sugar
Salt and pepper
Yellow colouring

Method

1. Make a savoury white sauce.
2. Boil vinegar and sugar.
3. Make mustard and mix altogether. Colour slightly.
4. Serve in bottles where possible.

CUSTARD

(100 portions for serving with a pudding)

A.	B.	C.
2 gal. milk	1 gal. milk	2 gal. water
1 lb. custard powder	1 gal. water	4 lb. dried milk
1 lb. sugar	2 lb. dried milk	1 lb. custard powder
	1 lb. custard powder	1 lb. sugar
	1 lb. sugar	4 oz. margarine
	2 oz. margarine	

Method

1. Measure milk and take out enough to mix the custard powder to a thin cream.
2. Boil remaining milk and sugar.

3. Add the blended custard slowly, stirring until the mixture thickens and the grain is cooked.
4. Add flavouring if desired.

Note.—For 100 portions of custard to serve with stewed fruit, allow 1½ times quantity given above and increase the custard powder slightly.

SWEET SAUCE

A.	B.	C.
2 gal. milk	1 gal. milk	2 gal. water
1 lb. cornflour	1 gal. water	4 lb. dried milk
1 lb. sugar	2 lb. dried milk	1 lb. cornflour
Flavouring	1 lb. cornflour	1 lb. sugar
	1 lb. sugar	4 oz. margarine
	2 oz. margarine	Flavouring
	Flavouring	

Method

As for custard.

CHOCOLATE SAUCE

1 gal. milk
1 gal. water
2 lb. dried milk
¾ lb. custard powder or cornflour and vanilla essence
1½ lb. sugar
5 oz. cocoa
2 oz. margarine

Method

1. Blend the cocoa with the custard powder.
2. Proceed as for custard.

JAM, MARMALADE AND SYRUP SAUCE

6 lb. jam, marmalade or syrup
6 oz. cornflour
1 gal. water

Method

1. Measure water and take out enough to mix the cornflour to a thin cream.
2. Boil the remaining water to which has been added the jam, marmalade or syrup.
3. Add the blended cornflour slowly, stirring until the mixture thickens and the grain is cooked.

LEMON SAUCE

4 lb. 11 oz. golden syrup
11 oz. cornflour
12 lemons, rind and juice
Approximately 2 gal. of water.

Method

1. Grate lemons and squeeze out the juice.
2. Blend the cornflour with some of the measured water.
3. Put golden syrup into a double pan with the water and lemon rind and allow to come to the boiling point.
4. Thicken with the cornflour and cook until it becomes clear.

MARSHMALLOW CREAM

1 gal. water
½ lb. cornflour
2½ lb. dried milk
1 lb. sugar
Flavouring

Method

1. Make the sauce in the usual way.
2. Leave to cool.
3. Beat until the mixture has increased to four times its bulk. If this is done in electric mixer, only quarter fill the bowl and beat until the bowl is full.

MOCK CREAM

1 lb. cornflour
1 gal. milk (fresh or dried)
2 lb. margarine
14 oz. castor or icing sugar
Flavouring

Method

1. Make a thick blancmange with the cornflour and milk and allow to cool.
2. Cream margarine and sugar.
3. Beat cornflour into margarine and sugar, very gradually, until white and fluffy.
4. Add flavouring.

SAGE AND ONION STUFFING to serve with pork

4 lb. bread-crumbs
4 lb. onions
1 oz. dry sage (2 small packets)
1 oz. salt
1 lb. suet or dripping from the pork
Pepper

FORCEMEAT OR VEAL STUFFING

4 lb. bread-crumbs
1 lb. minced fat bacon
¼ oz. thyme
4 oz. fresh parsley
4 oz. dried egg reconstituted or 8 eggs
Pepper and salt
Stock to moisten

FRUIT

Quantities

Fresh Fruit.—20 lb. per 100 with 2–4 lb. sugar according to the kind of fruit.

Dried Apple Rings.—6 lb. per 100 with 1–2 lb. sugar

Dried Apricots.—8 lb. per 100 with 2–3 lb. sugar

Prunes.—10 lb. per 100 with 1–2 lb. sugar

These quantities will give 2 gallons of fruit per 100 when cooked.

To facilitate the service of prunes, from the box find the number per lb. and divide by 10 to get the number per head.

FRESH FRUIT STEWED

Method

1. Prepare fruit and place in 3-in. deep tins.
2. Make a syrup by boiling sugar and water together in the proportion of 2 lb. sugar to 2 pt. water.
3. Pour the syrup over the fruit, add flavouring when needed (e.g. lemon rind, cloves) and cover with lids.
4. Cook in steamer or oven until soft but still whole.

DRIED FRUIT STEWED

Method

1. Wash the fruit and soak overnight with a suitable amount of water.
2. Add the sugar and flavouring when needed (e.g. lemon rind, cloves) and cook in covered tins in the steamer or oven until just tender.

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